

What I need to do

- I can be careful when using tools such as children's scissors to snip or a knife to spread butter.
- I can go to the toilet on my own, taking my clothes on and off and wiping myself.
- I can wash and dry my own hands.
- I can tidy the toys away so that no one falls over them.
- I can dress and undress on my own, asking for help with tricky fastenings.
- I can take my coat on and off and hang it up on my peg.
- I can eat my lunch using a knife and fork when needed.

How you can help

- Cook or make a snack together to allow me the chance to practice chopping, spreading, scooping and snipping.
- Hold out my coat so that I can put my arms in, on my own, and start my zip so that I can pull it up.
- Give me shoes and coats with simple fastenings (Velcro, zips) instead of tricky buttons and laces.
- Let me help to get myself dressed and understand that it may take me a little longer to start with.
- Let me try and go to the toilet on my own, showing me how to wipe and flush before washing and drying my hands properly.

Use knives and forks or scissors in play. Cutting playdough and cooked spaghetti is a great way to practice



Remember independent children make strong learners

Get a PE kit and bag ready now and help your child to practise the physical and organisational skills needed to open the bag, take things out, put them on and off and then put them away. This will really pay off as you'll have less lost PE kit when they start at school.



Let's Get Ready for School Developing Independence

Independence is one of the most valuable skills that you can teach your child. It's not about struggling to do things on your own but more about learning to have a go without adult intervention and knowing when to ask for help. Allowing your child to make choices and solve problems for themselves will really help them to access the school environment and choose appropriate

Encourage your child to brush their teeth twice a day. Brush yours at the same time to show them how to reach all the teeth. Let them have a go on their own first and then you can give them a brush for some added 'sparkle'.



Help your child to practice getting dressed into school uniform, including coat and shoes. Remind them of the order to put things on and show them how to turn things round if they are inside out (sleeves and trouser legs!) You can use stickers to help them know which way round their shoes go.



Play fun 'tidy up' games to encourage your child to help put their toys away. You could have a race, sing a song or count how many things you can tidy up in 1 minute.



Did you know that a 4-5 year old should have at least 11 hours sleep?